

### Abstract of the Disclosure

A head-mounted display (HMD) using retinal direct projection that provides a small size and lightweight by changing the configuration of optical components and optical arrangement. The HMD includes: a planar backlight for producing and emitting planar light; a light-speed controlling element positioned in front of the planar backlight for controlling the speed of incident light so that the light propagates parallel or near parallel to an optical axis; an image-forming element disposed in front of the light-speed controlling element for forming an image; and a Fresnel lens placed in front of the image-forming element for focusing the incoming incident onto an eyeball.